

Mindfulness

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PREFACE

Dear Readers:

Many friends have asked us to provide guidance on the issues of violence, suicide, aggression, and crime on Earth.

We aim to help our friends understand that these challenges can lead to lasting pain and harshness in the future.

This book is written with compassion, recognizing that thoughtless actions often result from fatigue or haste, not evil.

We understand that many people fall into despair or consider suicide simply because they lack moments for deeper reflection.

*With this in mind, and seeking guidance from the Lord Jesus, we have titled this modest volume "**MINDFULNESS.**"*

Emmanuel
Uberaba, March 14, 1981

1

BEFORE THE OPPONENT

Whoever hurts us will have assumed, in our eyes, the appearance of a terrible enemy; however, the Divine Master, whom we take as a guide for our thoughts and conduct, determines that we forgive him seventy times seven.

On the other hand, contemporary psychological sciences, in absolute agreement with Jesus, assert that it is necessary to free the heart from any resentment and establish balance in the governance of our mental powers so that tranquility may express itself in our existence in terms of health and harmony.

Nevertheless, how can such a feat be accomplished?

Once we know that understanding is not the result of lip service, it is imperative to recognize that forgiveness requires profound interventions within the structures of consciousness.

If such a problem arises in our daily lives—for us who aspire to follow Christ—let us first consider our adversary as a child of God, as much as we are. Embodying their situation, let us imagine how we would expect God's Law to treat us in similar circumstances.

We will immediately observe that God is in our disagreeable matter just as a loving and wise father is morally involved in the quarrels of his children.

Then, in the light of the new feeling that will arise within us, we will spontaneously examine to what extent we have dictated the adversary's behavior toward us. It is tough to see ourselves as having any share of the blame for the undesirable events we have become victims of.

Yet, through the influence of the Highest, to whose patronage we have recourse, we will be able to recall our unfortunate impulses, the malicious suggestions we may have thrown at random, the small, the undue accusations, and the slights we perpetrated.

Sometimes we act even thoughtlessly upon the companion who could no longer resist the persistence of our provocations, ultimately falling into the position of an enemy before us.

Through self-examination, the depth of our failings will no longer allow us to issue any censure that would harm anyone.

On the contrary, let us immediately proclaim in our inner world the urgent need for Divine Mercy for our adversary and for ourselves.

Then, we will no longer speak in the singular, before the one who hurts us: "I forgive you," but rather, before any offender we encounter on life's path, we will sincerely say to God in prayer: "Father of Infinite Goodness, forgive us both."

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INSTANT OF LIGHT

To overcome tribulations, don't think that the light of faith will form in your heart without the fuel of experience. Often, it will be within you like a flame fueled by the oil of tears.

At times, obstacles may tempt you to abandon your goals and responsibilities. In all the obstacles along the way, do not disregard the opportunity to move forward, towards your own sublimation to the Higher Life.

Perhaps you have failed in commitments you embraced and you are almost crushed by the difficulties that confront you in the immediate readjustment.

You have lost affections that you thought invulnerable, to which you pledged the very existence.

You have faced disappointments. You may be facing significant losses that require sustained effort to overcome and achieve a fair resolution.

What once brought you joy may now feel burdensome and difficult to manage.

Perhaps you have witnessed the presence of death, taking away loved ones, whose absence has left you lost in the fog of suffering...

Whatever you are, do not lose yourself in ineffective expectation and continue forward, acting and serving for the good of others, which will always result in your own benefit.

Even with bleeding feet and failing hands, we continue forward, working and building on the upliftment of other's happiness, for the hour of crisis is the hour of light and the moment to review our own weaknesses.

Besides that, the time of trial is the opportunity to expand our faith, as in the dark moments of daily life, when all or almost all of our survival resources seem to fail in the path of time,

If we remain attentive and patient, we will finally recognize that we are all sustained by the Infinite Love, in the invisible arms of God.

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BEFORE RAGE

“Finally, all of you, be like-minded, be sympathetic, love one another, be compassionate and humble.”

I Peter 3:8

Let us describe rage, giving it some definitions, such as:

-Uncontrolled force.

-Precipitation into illness.

-Fit of madness.

-Fall into imbalance.

-Takeover by obsession.

-Impulse toward premature disembodiment.

-Danger of criminality.

-Introduction to guilt.

-Descent into remorse.

-Explosion of pride.

-Magnetic storm.

-Mental fire.

-Vibratory fighting.

-Disintegration of energies.

Undoubtedly, all of us—incarnate and discarnate people evolving on Earth—are still subject to this calamity of the inner world.

That is why every time we feel threatened by irritation or bitterness, it is prudent to retreat to a peaceful corner to reflect on the needs of others and wash our thoughts in the fountains of prayer.

CHARITY TOWARDS OURSELVES

Let us not forget that there is also a charity we owe ourselves, so that the charity we practice before the world is not reduced to a mere superficial attitude.

Charity that educates us in the spirit of the Lord, whose Doctrine of light we embrace with our thoughts and lips, and to which little by little, we must dedicate ourselves with all our soul and heart.

To exercise it we must know how to:

- Forgive the faults of others without excusing ourselves;*
- Cooperate in good works without expecting collaboration from our companions;*
- Help those around us without expecting them to reciprocate;*
- Give of what we have and possess without demanding the tax of gratitude;*
- Illumine our own path, learning to overcome the shadows that still gather around us;*
- Be silent so others can speak;*
- Defend others, without seeking to defend ourselves;*
- Humble ourselves, without asking others to humble themselves;*
- Acknowledge our faults and correct them;*
- Serve without reward, not even that of understanding that rewards us with the wages of comfort;*
- Work tirelessly, without waiting for the stings to force us to perform our duties;*
- Feel in our neighbor the same needs and pains as our own, so that vanity does not lead us to blindness;*

- Consider the constant goodness of the Lord, who always works for our best, and cultivate gratitude to Him through sacrifice for those around us.

Improving ourselves internally enables us to assist externally with greater confidence, and saving means recovering with just purposes in our shared work. It is just like we offer a strong hand to the tree so it may grow, flourish, and produce for the good of all, saving itself from uselessness. Likewise, the Lord improves us, transforming us into living instruments of His Infinite Love, wherever we may be.

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CONSTANT HOPE

Pessimism weighs us down. It is an unnecessary tax on the energy that responsibility requires, causing needless suffering.

Attention, yes.

Defeatism, no.

To escape this inner burden, unstick your thoughts from the dark details of your journey. Let your mind move freely instead of dwelling on troubles.

In order to stay aware of this truth, remember that blessings outweigh our minor, temporary challenges.

It is undeniable that materialism has come to dominate many people, given the technological advancements of today's world; however, there are admirable multitudes of creatures in whose heart faith radiates like a resplendent beacon, illuminating the construction of a new world.

Diseases still present a sad picture in human communities; however, it is fair to consider that science has already eliminated several illnesses, previously considered irreversible, neutralizing their danger with immunization and appropriate measures.

Many war-mongers stand out, disrupting communities; however, peacemakers move in all directions.

Numerous homes fall into disarray; though, many others remain consolidated through balance and education, maintaining security among humanity.

A large number of women are absent from motherhood; however, legions of selfless sisters prove faithful to the highest feminine work on the planet, preserving themselves as admirable mothers in their devotion to the domestic group.

Violence is on the rise almost everywhere; nevertheless, the fronts of love for others that extinguish it are expanding.

Considering the tribulations unfolding on the Physical Plane, do not say that the world is lost.

Enumerate the blessings of God that swarm around you.

If you endure regions of darkness, which seem tunnels of suffering and desolation, where countless people have lost their sense of light, it is natural that you cannot turn yourself into a sun that shines on everyone's path, yet you can clearly light a flame of hope.

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BEFORE HOME

Home is the center of our activities in the world. Indeed, Earth is our temporary residence in life, and Humanity is our true family team. However, in the domestic microcosm, you have the lesson and the blessing, the school and the healing station.

That is why, within the four walls of our earthly home, we encounter, while in physical experience, the most obscure problems.

There, in the confined space of a few meters, we experience the assault of jealousy, the blow of slander, gall of incomprehension, darkness of calumny, vinegar of criticism, cold of indifference, and pain of fatigue. Often collecting stones and thorns from dear hands that we would like to live kissing with unsurpassed tenderness.

In the narrow circle of consanguinity, the most distressing suggestions of failure and the strongest calls to discouragement arise for the soul. However, it is also in the intimacy of this ring of purifying struggle that we discover blessed opportunities for refinement and ascension.

By absorbing its disturbing atmosphere, like impure metal in the regenerating crucible, our spirit, receiving the lye of sweat and tears, reaches significant steps of elevation, advancing toward the Greater Life.

Do not despise the difficulties and crises that may turn your home into a temple of purgation.

Incorporate kindness, tolerance, and humility into your daily routine; working and loving, learning and serving, and your scourged home today will be a precious base for you tomorrow, from which you will be able to launch the noblest flights of peace and sublimation toward the Great Victory.

Z

BLESS AND GO FORWARD

It is not enough to fear violence. Something must be done to eradicate it. Undeniably, the repressive measures maintained by the world's legal systems are resources that limit it. However, all of us - incarnate and discarnate spirits with ties to Earth - can collaborate in solving the problem.

Let us sympathize with our brothers and sisters in the shadows of delinquency so that our feelings may be inclined toward indulgence and understanding.

As much as possible, do not share rumors or hasty judgments about situations and people.

Remain silent in the face of any aggressive words directed at you, wherever you are, and move on, seeking to fulfill your own obligations.

Do not raise your voice, trying to show superiority over others. Do not give in to expressions of bitterness and revolt, even when you feel, deep within your soul, the bitter taste of this or that disappointment.

Respect the needs of others and do not provoke ignorant or unhappy brothers and sisters by displaying the resources that Divine Designs has entrusted to you for praiseworthy and just applications.

Instead of criticizing, seek the better side of people and events, so as to build good wherever you are. Assist them in rising, and continue to bless them.

Remember: a burning fire is capable of generating calamitous fires and, sometimes, an unfortunate gesture on our part, can provoke in others the worst reactions of vandalism and destruction.

UNDERSTANDING AND LIFE

Let us examine our own feelings, and we will see how difficult it is for us to renew ourselves inwardly.

How many times have we felt the inconvenience of certain habits with a manifest inability to get rid from them? How often did we know ahead of time that doing something bad would hurt us, but we still did it anyway?

We refer to this subject to highlight the imperative of tolerance. When faced with brothers and sisters who seem to have strayed from the path that life has marked out for them, do not condemn their trajectory.

It is not with harshness that we will reassure them of peace of mind, just as it is not by beating a wound that we will heal it.

The medicine intended for the recovery of the body is the symbol of the love with which we will be able to readjust the harmony of the sick soul. The medication acts, dose by dose. Love operates, gesture by gesture.

Before our companions of experience on Earth, extend to them the beneficence of comprehension that will rebuild their understanding on the road they must travel.

If we cannot immediately become what we most desire and if, frequently, we escape the worst situations at the cost of tears, it would not be fair to demand from others a condition different from ours.

When we encounter someone considered vulnerable because of this or that mistake they have made, we must show compassion and help them regain their balance.

Commonly, where others may have been surprised by some difficulty, it might become the great obstacle that will cause us to fall tomorrow.

DO NOT FLEE

When the shadows of trial thicken around your steps, remain firm in your trust in God and in yourself, keeping on the tasks you have embraced in the field of good.

There are no endless tribulations.

Above all, do not omit yourself.

Accept the burdens that circumstances impose on you, striving to fulfill them to the best of your ability.

Do not let difficulties overwhelm you.

Note the blessings in your life.

Remain faithful to your obligations, certain that Divine Providence will offer you the necessary resources to eliminate any imbalance.

Detach yourself from any idea of evil.

Bless those who do not reason according to your principles.

Frequently, today's adversaries, if we know how to respect them sincerely, will possibly be among our greatest benefactors tomorrow.

Do not complain.

The downpour that bothers you is nature's support, lest the essential bread be lacking in your life.

Do not demand from others qualities that you still do not possess.

The nascent tree awaits your kindness and tolerance so it can offer you its own fruits in due time.

No matter how rough the obstacles on the road may seem, keep going ahead.

If someone has hurt you, forgive them and move on.

Do not seek in provoked death the oblivion that death cannot give you.

Do not run away from the problems with which life instructs you.

Life, as you make it, will be with you everywhere.

Always remember: every day a new dawn is born.

NOTES ON WELL-BEING

Regardless of the obstacles, try to give your best in carrying out the tasks assigned to you.

If you make a mistake, begin again.

If you fall, consider your condition as a human being, readjust your own emotions, and get back up to walk on.

Often, discouragement stems from not accepting where we are, especially when we compare ourselves to others who have already achieved their goals through time and effort.

Draw courage from your willingness to learn and serve. Fulfill your responsibilities without hesitation; do it to earn the rights you long to enjoy.

Build inner happiness through your own consistent work; do not rely on chance.

Every noble achievement is built on perseverance in goodness.

Show compassion to those who may hurt you, and when you remember, use kindness without resentment.

Do not demand that anyone follow your models of life and thought.

Protect children as much as possible, but do not torture yourself with the choices of adults who expect you to respect their experiences, just as you demand that others respect yours.

Distribute optimism and kindness.

Irritation does not build.

Do not waste time with useless regrets, recognizing that there is always someone you can benefit with this or that gesture of support and

generosity. Leave some sign of joy wherever you go.

When everyday problems become overwhelming, instead of feeling discontent or bitterness, cultivate patience.

Whenever necessary, make an effort to listen to this or that subject more attentively so you can understand it with certainty.

Remember that whether you speak or remain silent, it is always possible to do some good.

Great understanding is shown by those who give others the freedom to live their own lives as they see fit.

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DAILY NOTES

-Convince yourself that there is no such thing as eternal suffering.

-All pain comes and goes.

-Every day is a new day for those who work.

-Do not hold grudges.

-Today's disappointment will be tomorrow's blessing.

-Difficulties are a learning experience.

-Serving is a privilege.

-Help others for the greater good.

-Do not complain.

-Shouting is useless.

-Complaints do not erase debts.

-Inert sadness is synonymous with wasted time.

-Hard work and patience bring wonders.

-Speak words that light the flame of hope.

-Forget offenses, whatever they may be.

-Aggressors are sick people who need to be healed by God's resources.

-Do not despise the criticism about you.

-Value your friends.

-Respect your adversaries.

-Keep your conscience clear.

-Practice charity as a duty.

-Today, we help others. Tomorrow we will be the ones in need of assistance.

-Do not demand gratitude in return.

-Let us be grateful for the blessings that God freely bestows upon us.

-Honor the existence that Divine Wisdom has granted you.

-It is very important to remember that, in death, we all find, first and foremost, what we have made of our own lives.

-Forget setbacks, always working and practicing charity.

-In the face of any obstacle or disappointment, do not forget that today's time will continue tomorrow.

FROM THERE TO HERE

No one should think that death represents a safe passage to heavenly bliss.

Many existences in which the program of good suffers frustration due to our rebelliousness or indifference only reap, after the grave, the painful purging of our deliberate mistakes.

The mental hell we have created within our own souls requires us to return to dense matter so the flames of remorse or regret may be extinguished by the contact with new struggles...

Here, it is the usurer who wishes to free himself from the obsession with gold by donning the tunic of poverty.

There, it is the tyrant who proposes to learn humility in the shadows of anonymity and anguish.

Further on, it is the delinquent who longs to rediscover his victims of yesterday in order to redeem his debts...

However, in achieving a new beginning, it is essential to strive with devotion and renunciation to achieve the reincarnation that will invest them with the desired opportunity.

To achieve this, one must commit to acts of sacrifice, planting among the incarnate the blessing of sympathy, the indispensable passport to the station of the human home, where they will be renewed, at the forefront of progress.

That is why the experience on Earth is not merely an adventure of the soul, but rather a precious time of learning and service that we should not underestimate.

Through the Physical Plane, we reconnect with old difficulties or past

enemies so that the work of love can be readjusted and consolidated, with and among us.

Do not underestimate the opportunity for elevation that the present moment offers you.

The physiological machine in which you temporarily reside can be a ladder to the higher sphere or a subtle slope to expiatory regions, depending on whether you make it a step toward the light or a new leap into the abyss of shadow.

Value your earthly existence and move ahead, converting your redemptive struggle into resources for ascension.

Remember that time is the faithful steward of life, and if the Lord's Goodness has granted you the wealth of the physical body today, His justice awaits you tomorrow for the indispensable reckoning.

THINK TO UNDERSTAND

In matters of work, let us accept the place of service that the Lord has granted us on Earth, avoiding wasting time with unnecessary complaints.

Often, we need to think calmly in order to understand with certainty.

Were it not for our groups of brothers and sisters, when in conflict;

- Our fellow mediums, when they surrender to obsessive processes;

-The sick in need of spiritual assistance;

-Those bordering on madness;

-Victims of naiveté;

-People still characterized by a fragile psychological structure, requiring understanding through constant dialogue;

-Homes tormented by the debts of past existences;

-Beloved loved ones in emotional turmoil;

-Tasks abandoned by brothers who began them without considering the commitments they assumed;

-Antagonisms between noble and helpful spirits;

-Misunderstandings between generous but irritable friends;

-Charitable souls, however, still tainted by resentment and sensitivity;

-Brothers who distance themselves from the duties they embrace to become lonely and unhappy;

And we ourselves, with the imbalances and temptations that in one way or another beset us, what would justify our condition as spirits engaged in the work of Jesus Christ?

Here we find ourselves, on the ground and in the world's atmosphere, gravitating around each other, with our own problems to solve and our debts to settle.

Perhaps this is the reason why we so frequently discuss the advantages of work in spiritual exchanges. Given the complexity of our evolutionary processes and our aspirations for advancement, it would be wise for us to embrace the practice of mutual forgiveness and the duty to serve constantly through the ongoing cult of patience.

TRUST, SERVE, AND WALK ON

The light in the ranks! The longing in the march!

On the redemptive journey of faith, uphill, in pursuit of the goal, glimpsed by the ideal, you suffer the separation from your beloved companions, as if your heart were traumatized by painful surgery.

You would like to go ahead, with all those you embraced in the moments of trust, when renewal dawned in the most intimate landscapes of your soul. However, as the clock of experience advances, you watch with more suffering and astonishment many saying goodbye, heading toward other achievements, sometimes as if they had lost the compass of their existence.

You continue on your path, feeling you carry painful hidden wounds; nevertheless, you must regenerate your own emotions in the sources of understanding, so you can be sure that love has not disappeared.

Remember that on the paths of evolution and life, each traveler bears different needs and burdens, even though they all identify with the same goal to be achieved.

One is led to gather someone who remains at a distance, another must seek a certain affection for which he is responsible, yet other needs to temporarily leave the group to settle a certain account, to continue later, down the road, without any conflict of conscience.

We also have those who have become exhausted at work and require a break for rest, those who have fallen spiritually ill and require hospitalization in the rearguard, and others who have been called by the Higher Plane for duties whose purpose we cannot readily know.

Do not dwell on disappointments, desertions, disillusionments, and disenchantments.

Bless everyone, all your companions in service and hope, who take a different position from yours, and be ever more fervent in performing the task of charity that faith has reserved for you.

Recognize, then, that that Divine Providence sees us all and accompanies us without abandoning anyone.

Thus, trust, serve, and move forward, offering others the best of yourself and giving to life the best you can, as one day we will all be reunited, in the Country of Perfect Fraternity, without tears of conscience and anguish of death, in the eternal joys of God's Love.

TOLERATE BY EDIFYING

The more violence around us, the greater our need for tolerance in order to reduce its destructive impacts.

In your sphere of action, increase your investments in understanding and patience as much as possible, to ensure peace and security wherever you are.

A certain companion may have failed to pay you this or that amount he owes you. If you are not under the sway of pressing needs, have compassion on him and wait a little longer. He may have suffered tribulations that you are unaware of.

On the street, someone may have directed insulting words at you that hurt your feelings.

Be silent in prayer, asking Divine Providence for help and understanding, for the benefit of those who hurt you. The people who insult you are surely behaving under the yoke of sufferings you have never experienced.

A certain friend crossed your path, stealing resources that you sacrificed a long time to acquire. Do not complain. He is probably troubled by urgent debts that make him forget the joys and duties of friendship.

A particularly dear individual may have left you alone to fulfill commitments they had previously shared with you. Do not rebel and continue acting and serving. That person might be experiencing emotional or other difficulties and needing your patience to avoid falling into the trap of delinquency.

Be compassionate to others, help them as much as you can, pray, and go on.

Never return evil for evil.

Contribute your share of love so that hatred may disappear.

If the damage you have suffered in this or that calamitous situation is so great that you are inclined to take punitive measures, forget the evil and forgive the offenses anyway, remembering that everywhere, the processes of God's Justice are spontaneously fulfilled.

HIDDEN VALUES

Earthly life is full of opportunities for the inner improvement of the individual; however, until now, rare are those who perceive such opportunities:

-Difficult times: a stretch of the road where patience and devotion to work can more easily take root in the recesses of the spirit.

-Long illness: a course open to the acquisition of humility and self-control.

-Trials in loved ones: significant moments that enable us to learn more about understanding and relationships.

-Offenses and losses: times of great value to us all, mainly while incarnated, as we are called not only to forgive, but also to reflect on our shortcomings, when we tend to hurt others, though most of the time without thinking.

-Temptations: moments specifically set aside for learning how to recognize and resist situations or impulses that disrupt our internal balance.

-Propensity to discouragement: times dedicated to addressing the internal feelings that challenge us, pushing us to exert maximum effort and align our willpower with our duties and responsibilities.

-Errors and failures: opportunities to intentionally practice discernment and work toward self-correction and personal improvement.

-Separation from loved ones: occasions when we feel compelled to demonstrate whether we truly love those to whom we devote our affection, or whether it is merely a whim.

-Requests and appeals: periods of time when life asks us for news of our efforts toward understanding and the spirit of service, self-denial, and charity.

-Environmental disturbances: a teaching situation in which we are able to show how we are progressing on the path of existence in terms of peace. These are some of the situations imbued with hidden values, always among the most important for the soul's amelioration, in world's educational institutions.

However, we undertake only to expose them, because in recognizing their complexity, we all know that whether we take advantage of them or not depends on the attitude and choice of each of us.

LIVES AND THE FUTURE

The school's efforts would be in vain if the global demand for skilled workers who drive improvement were not addressed.

What would be of teachers and research, disciplines, and exercises if there were no future?

The same thing somehow happens with life on the Physical Plane and in the afterlife.

Recognizing that higher Spirituality awaits people capable of effectively participating in the construction of a Better World, the imperative of tribulations and difficulties, problems, and conflicts is clearly observed, given the function of earthly existence as a resource for improvement.

That is why we—the disembodied friends—return to spiritual exchange, to ask for patience and courage from our brothers and sisters embodied on Earth.

If you are engaged in a task that seems beyond your strength, calmly bear the duties that fall to you, avoiding complaints and grievances that would only make the path ahead more difficult.

If you live with sick or troubled family members, bless and assist them with kindness and tolerance, asking yourself if you are not standing beside the ones whom, in the past, you may have cast into the shadows of illness and imbalance.

If you carry commitments that seem excessively heavy to you and you have made them without considering the consequences, remain in them without rebelliousness, so you do not hold yourself responsible for injuries and losses in others' hearts.

If you suffer from a sick body or if you have acquired illnesses or inhibitions difficult to reverse, calmly endure such constraints, seeking to

recognize that you find yourself in the results of your choices in past existences.

In any trial you may find yourself in, arm yourself with patience and courage, and do not abandon your obligations.

Be assured that suicide is always a calamity for the one who commits it.

Death, as the being's annihilation, does not exist.

Life today for each individual will be tomorrow, the continuation of that same life, with all that they do to themselves.

BEFORE DIVINE MERCY

When induced to mental intemperance, exploding within us like a volcano of madness, let us meditate on Divine Indulgence, lest we fall into the maladjustments of intolerance.

Yesterday, we found ourselves distraught and oppressed in the whirlwind of darkness.

The Lord, however, granted us a new day to begin again the great ascent to the light.

We were immobilized by the constant repetition of our imbalances, and He enabled us to move again, freeing our hands and feet to perform the rebalancing, which is our duty.

We suffered disappointment and blindness. He restored our hope and vision with which we assimilate new experiences.

We lay helpless in the shadows. He restored us to spiritual integrity.

We suffered despair, which led us astray through blasphemous attitudes. He invested us, once again, with the power to speak correctly.

We were victims of deafness, born of our rebelliousness before the law. He endowed us with blessed ears with which we can hear the new lessons of spiritual assistance.

We proceeded as unhappy alienated souls in the lower regions, materializing around us the screens of our own mistakes and thus eternalizing contact with the enemies of our own lives.

Nevertheless, the Divine Goodness granted us the blessing of home and trial, of responsibility and common work, in which we returned to association with our adversaries of the past to convert them in the sunshine of love, and into bonds of elevation for the future.

Do not forget the tolerance of Jesus, our Eternal Friend, who has assisted us for millennia, supporting our hearts in a thousand ways, at every step of the day.

Out of gratitude to Him, who did not hesitate to accept His cross to show us His benevolence, let us be authentic apprentices of fraternity.

Only through unconditional forgiveness of our reciprocal faults will we be able to heed His unforgettable call:

"Love one another as I have loved you."

THE IMPERATIVE OF PATIENCE

It is likely that few friends think about this: patience as immunization against suicide.

In the areas of human activity, certain trials often arise for the individual for which the superior knowledge is not always enough.

It is necessary for the soul to lean on the invisible staff of patience, so as not to slip into greater suffering.

That is why we allow ourselves to make repeated appeals to our brothers and sisters living on the Physical Plane to dedicate themselves to the resource of comprehension.

If you are under the impact of domestic conflicts, in the face of those who create negative vibrations, use tolerance as much as possible to help ensure the safety of the family team to which you are linked.

In disappointments, whatever they may be, reflect on the value of consideration for your own benefit.

When faced with blows dealt to you, forget insults and offenses and think about the opportunities at work that will provide you with defensive support against despair.

When faced with accusations that you recognize as undeserved, forget the evil and do not feed the fire of discord.

When you lack professional activity, continue to act, as much as you can, in tasks of spontaneously helping others, learning that noble activity attracts noble activity and, with that, you will soon find yourself in new positions of service, according to your needs.

If discouragement threatens you for some reason, remember the importance of your action to eradicate it, in support of someone, and do not allow yourself the luxury of unproductive stops.

In any obstacle you encounter along the way, maintain patience as your support and guide, and, with your mind confident in Divine Providence, you will move ahead, pushing away the temptation to flee.

You will recognize, in time, that there is always a better future for each of us and that, in all the tribulations of life, it is worth waiting for God's help.

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SMALL BUT GREAT GIFTS

Charity has a list of small but significant gifts, among which we mention a few that we must not forget:

- Help, even if minimal, in rescue tasks;*
- A few hours of spontaneous and unpaid work in performing good deeds;*
- A word of hope;*
- A gesture of optimism;*
- Silence in the face of any hint of aggression;*
- Listening patiently to unpleasant questions;*
- Accepting friends as they are, without demanding that they follow our way of being;*
- Honoring adversaries with respectful appreciation;*
- Remaining silent so that others may speak;*
- Rendering service without expecting attention;*
- Offering a few minutes of comfort to the sick;*
- Consider the importance of constructive impulses that begin to emerge in beginners of faith;*
- Forget alarming rumors;*
- Some act of renunciation, for the benefit of others' peace;*

- Make yourself small so that others may stand out;*
- A friendly smile that dispels the clouds of difficult times;*
- Rearticulate this or that information, whenever necessary, without losing the spirit of kindness;*
- Exercise tolerance and affability at home, in the same way you maintain similar qualities in social gatherings;*
- Repeat the words “I’m sorry” and “thank you” as many times as necessary in everyday life.*

*

In what is called lesser beneficence, there are the agents indispensable to the building of charity, for, in the field of good, by attending to the small great gifts, we will learn to distribute the great gifts as if they were small.

"May the Pious Virgin wrap our loving and sensitive hearts in the luminous folds of her divine mantle, strewn with all virtues, granting us strength, resignation, and faith."

Francisco Cândido Xavier